

MOTION BY CHAIR HILDA L. SOLIS

March 22, 2016

WELLNESS MONTH AND COUNTYWIDE FITNESS CHALLENGE

The Los Angeles County (County) Countywide Fitness Challenge was launched in 2010 as an effort to expand health awareness, promote healthy eating habits, reduce incidence of illness due to poor lifestyle choices, increase productivity, and reduce healthcare costs. In 2015, over 10,000 County employees and family members participated in weekend Countywide Fitness Challenge events and wellness fairs held throughout the County. Nearly 12,500 County employees and family members completed various health screenings, such as glucose, blood pressure, and cholesterol. In addition, over 2,000 County employees dropped over 7,700 lbs. while competing in the “Interagency Greatest Loser” contest between employees of the counties of Los Angeles and San Bernardino, along with the Metropolitan Transportation Authority

To continue the momentum toward achieving a lasting cultural change to one of wellness for County employees, the Department of Human Resources (DHR) is launching its seventh annual Countywide Fitness Challenge. The campaign will include

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a 10-week interagency weight loss contest between employees of the counties of Los Angeles and San Bernardino, as well as employees of the Metropolitan Transportation Authority.

The 2016 Countywide Fitness Challenge events will continue through November 2016. The events include biometric screenings, 5K runs, nature and wilderness hikes, pedal-boat rallies, kayaking, paddle and boogie boarding, farmers' markets, fitness walks, healthy cooking demonstrations, a softball tournament, a master dance class, yoga, and more.

DHR will continue to collaborate with many partners, including the departments of Parks and Recreation, Beaches and Harbors, Public Health, and Animal Care and Control, the various County-sponsored health-plan providers, the American Cancer Society, the American Diabetes Association, the American Heart Association, the Coalition of County Unions, and SEIU Local 721.

I, THEREFORE, MOVE THAT THE BOARD:

1. Proclaim April 2016 as "Employee Health and Fitness Month" in the County of Los Angeles and launch the "2016 Countywide Fitness Challenge" campaign for all employees and their families, and encourage department heads and wellness managers to support and market the campaign to their employees and strive for 100 percent participation;

2. Encourage all County employees to support and attend the Tuesday, April 5, 2016 Kick-Off event at Grand Park located at 200 North Grand Avenue,

Los Angeles, from 11:00 a.m. to 2:00 p.m.; and the first weekend activity Kick-Off on Saturday, April 16, 2016, at Whittier Narrows Recreation Area located at 750 South Santa Anita Avenue, South El Monte, from 8:00 a.m. to 12:00 p.m.; and

3. Waive the parking fees in the amount of \$4,000 for 200 cars in the Music Center Garage (parking lot 14) for the participants of the Grand Park Kick-Off event on April 5, 2016; parking fees in the amount of \$2,400 for 400 cars at Whittier Narrows Recreation Area on April 16, 2016; \$972.46 facilities fee at Hacienda Heights Community Center on May 21, 2016; parking fees in the amount of \$3,850 for 350 cars at Castaic Lake Recreation Area on June 18, 2016; \$295 facilities fee and parking fees in the amount of \$5,250 for 350 cars at Dockweiler Youth Center on August 20, 2016; \$355 facilities fee at Alondra Community Regional Park on September 10, 2016; and \$1,715 facilities fee and parking fees in the amount of \$4,000 for 400 cars at Santa Fe Dam Recreation Area on November 5, 2016.

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